

On the Personal Side ~

Recently I was asked why I hadn't written any new lessons in the past four months and why I hadn't written any new articles for some time. The reason for the lapse in writing is not that I wasn't inspired to write because I was; it was just that life was consuming my time and I had taken on several new courses of study, all of which left little time for writing. In as much as I was tending to life, or perhaps I should say life was tending to me, I spent some time revising and updating the contents in the pages of the Dragon of Drama website in preparation for a new addition to the website that will follow sometime later on.

Even though I have been quite busy and had to take a sabbatical from writing lessons and articles, I have been writing and writing and writing because both courses of study requires a great deal of writing. In fact, one of them requires writing another dissertation on the heels of listening to 50 lectures and writing 50 essays on Relationship Dynamics. Writing another dissertation means lots of research and lots more reading. The reason for these courses, one is in metaphysics and the other is in Theosophy, is for the sake of my own continued personal development and spiritual growth, which as you know if you have been traveling along this path is truly never ending.

As was the case when I first embarked on my journey of self-discovery and ended up studying metaphysics while I was experiencing everything I was learning simultaneously, don't think for one minute that my venture into these courses did not involve experiencing additional phases of my ongoing journey of self-discovery because it sure did. As is always the case with these experiences, I come away having gained a great deal more knowledge, wisdom, and insight, and most especially firsthand experience. But even with all I have learned thus far, I am very aware that my own scope of knowledge still equates to that of a grain of sand on the beach in comparison to the big picture, which is truly an enigma.

I write and publish articles on the website periodically as a means of sharing my own personal experiences so that my readers and visitors new to the website know that I do not stand above anyone. I stand equal in that I too am a student of life and so have to figure things out no different from anyone else. Being a seeker of truth, such as I am sends me right back on the path of all new experiences time and time again, and from these experiences come even deeper levels of understanding things about life and spiritual principles that govern the plane of human behavior. As the acquisition of such deeper levels of knowledge, wisdom and insight is truly a lamp under thy feet, it does no good to keep the lamp lit under my feet only, but that I light the way for others who much like me are seekers of truth too. This is not just my mission; it is the ultimate purpose and meaning of my life.

Many of the lessons I write and publish on the website are related to things I have personally experienced and the lessons learned in addition to the knowledge acquired from my ongoing studies, which occurs simultaneously in that whatever I happen to be studying, I'm also experiencing firsthand. However, the lesson material does not begin and end with my own experiences. They are also related to observing just how much people suffer in their own personal circumstances, such as the internal conflicts they battle with as well as the difficulties they face while interacting with others in their circle of life. While life certainly does bring with it a fair share of suffering, some suffer more than others do, the suffering does not have to be prolonged. There is relief. There is light at the end of the tunnel, even when it seems to take forever to get to the other side of the tunnel.

Every lesson I write is inspired by my own difficult and sometimes very painful experiences that I too encounter in the course of life, as are the difficult and painful experiences of others. As I write, I am aware that someone out there may be struggling with the very subject I happen to be writing about at any given time that I myself had to learn how to overcome as well. I know that every lesson I write speaks to every reader in a very different way and that from the lessons every reader gets whatever they need as the discussion in every lesson is always intended to shed light on the many reasons why people suffer as they do and how to alleviate the suffering.

I suppose the fact that I am the proverbial empath probably has a lot to do with my writing because I really do feel another person's pain and so feel great compassion. I know that there are causes and effects that result in suffering and I know that suffering can be alleviated. I know there are answers to these dilemmas because I went in search of them myself years ago and I found them just as many others have done too. The problem with finding these answers is that they are not easily found, at least not in conventional places, nor are they just half answers or half-truths. They are whole Truths, they are The Answers because they are founded on ancient principles that have stood the test of time, and they are self-evident and therefore, self-actualizing.

When I wrote about some of my experiences in my book, *The Dragon of Personal Drama*, I shared what happened when I first came face to face with spiritual principles I had never even heard of that, of course, went against the grain of my personal beliefs and stood contrary to my perceptions. It was such an alarming experience that I actually disassociated myself from all things spiritual for six months until I was led back on this path, which I have continued to travel on ever since.

My own success with these unheard of principles came by way of first digesting all this new information, which was a big undertaking, thus assimilation and integration came later down the road. Principles such as like attracts like and thoughts become things and a consortium of others was a new playing field that I was literally lost in. I had no

idea how to make sense of these principles that others, over the history of time, had fully embraced, were reaping the benefits of and were passing this information on to others in their literary works, which I was just becoming acquainted with for the very first time. I felt like I had discovered an entirely new world that did not look anything like the one I had existed in all along. I wondered at times, what pile of sand my head had been buried in, how was it that I did not know anything about this stuff, yet so many others did. That the list of people in the know included so many of our early industry leaders and physicists, such as Einstein and many of his colleagues, as well as our most noted poets, such as Emerson and Thoreau came as quite a surprise. Not to mention the influence of Aristotle, Socrates and Plato, and so many of those great teachers of antiquity who were also in the know, seemingly except for me.

I remember when I first heard it said that I needed to shift my awareness. Shift my awareness to where? My initial response was not really a response, it was a reaction to something so profound, something I had never heard the likes of before that I had no idea what it meant. I can assure you that no one in my circle of life was speaking this foreign language. I was in uncharted waters, but oddly, something greater than myself was acting as my compass, leading me along this very strange and most unfamiliar path that I have never stopped walking on ever since.

Now all of this stuff might sound good in theory if you have not experienced such a profound freedom because life looks and feels very different when you are standing in the midst of that darkened tunnel, where neither ends are visible and there appears to be no way out. I likened that tunnel to being in a darkened pit of disparity, which I had to scrape and claw my way out of if I was to stay alive. That is exactly where I was at the time I came upon all these spiritual principles that you would know about if you have already read my book. When I talk about finding the answers, I found answers in many places at different times in my life but they were not The Answers I was looking for. The irony is that I had no idea what I was looking for until I came upon something called universal laws of operation that govern the plane of human behavior and rather explicitly at that, no ifs ands or buts.

So I began to test these strange and unfamiliar principles while standing safely at the shoreline until I began to feel more confident in my ability to assimilate these great truths and dared to go further out into deeper water, which I did little by little. It wasn't easy because it took years to get where I was and so it was going to take time to undo all the unpleasant and very undesirable effects that had manifested in my reality over the years. Not only did I struggle to assimilate this brand new information, I struggled to integrate these principles into the fabric of my reality with little success at first. Nonetheless, I kept on, kept pushing forward until I began to see some results, subtle at first, but after time the results were becoming more apparent and were even visible to

those in close proximity to me. I was making progress. I was getting this new way of thinking and things were changing. I was changing, as was the nature of my reality.

Whereas previously I wanted out of this reality in the worst way, I was now excited about the things I was learning because I was discovering how these principles were becoming more self-evident in the results they were manifesting in my life. So as I began to integrate them into the fabric of my reality, starting with the principle of like attracts like and thoughts become things, I actually began shifting my awareness in that I was becoming more aware of my thoughts and the quality of them, which were affecting my reality accordingly. I learned from trial and error that many of the experiences I was attracting into my reality were the product of my thoughts, my actions and my reactions but it didn't stop there. I discovered that my experiences were also the product of my beliefs, my perceptions, my expectations and even my emotions, all in response to internal and external influences, which was a whole other area of exploration I did not know about previously. Seeing is believing, and I saw for myself just how different my personal reality looks and feels when my thoughts are in check and my emotions are in balance. I discovered the same was true when I examined my beliefs. My experiences were even more profound when I adjusted my perceptions, which meant viewing life from a wide angle lens, as opposed to the lens I was so accustomed to viewing my life from, which wasn't very wide and hence was most limiting, which in turn limited my experiences too.

As I continued along this path of self-discovery, I encountered things I didn't even know where there to learn about myself, which happened to explain the nature of my personal reality and put many things about my reality in a more realistic perspective that otherwise had made absolutely no sense. Some of these things were a hard pill to swallow, after all, who really likes engaging in self-introspection intentionally. Most people stay as far away as they can from self-introspection for fear of what might surface or they do not want to face what they know is already there. I went into it not knowing what was there, so the unveiling of so many truths that put matters in perspective came as quite a surprise, which incidentally took some adjustment. Its one thing to become aware of things you did not know about before, but it is another thing to adjust to new awareness's that change the course of your life.

When I look back to where I was and where I am today, I am still in disbelief that I am who I am today, which is so far removed from who I was prior to embarking on my journey of self-discovery. To say that this was the best thing I ever did for myself is an understatement because there really is no way to express just how tangible the results have been and I do not mean materialistic or even monetary, given that is how most people measure successes. Now that does not mean that life stopped coming at me because it did not, not by any stretch of the imagination. It seems that just as soon as I gain a wealth of new knowledge and get back on track, life sends me on a while goose

chase again. Things happen that I have no previous experience with and then have to learn something else, and on it goes cycle after cycle.

Today, I find myself dealing with something that just moments before the event that very unexpectedly unfolded was nowhere to be seen on my radar, yet there was life, waiting for my arrival at a particular destination, at which time my reality changed substantially, again. So now, here I am once again, treading uncharted waters, but what is different about this most recent experience is that I do have a plethora of knowledge, wisdom and insight to draw on, as opposed to past adverse experiences when I had so little to go on and what I knew was mostly off anyway.

In closing, I really hope that those of you who visit the Dragon of Drama website find something meaningful in the lessons or from any of the other pages on the website that you can take away with you and perhaps even see how it fits into your own circumstances. As nothing is ventured if nothing is ever tried, it is worth keeping an open mind, consider testing out the principles that I write about in the lessons because they are real and they do operate in very specific ways, which most certainly will affect the quality of your life. The beauty of all the spiritual principles is that they truly are self-evident and you are free to test them out and see the affects for yourself. Once you grasp these principles, suffering is alleviated always proportional to the causes you put in motion and your reactions to them as well as your reactions to the environment. As always, please feel free to ask questions or share your own experiences. I thank those who have.

Many Blessings,

Linda